

Past Life REGRESSION

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Going into a deep contemplative state to access a possible past life might seem a little crazy. Certainly it elicits a lot of skepticism and doubt from most. Many people however, get an immense amount of clarity from this practice and walk away feeling enriched.

As past life coach Emma Hamel says,

“You don’t have to believe in reincarnation or past lives, you could have an experience with your higher self or unconscious that brings images into play that tell you something you need to know. It can be simply a way of understanding something about yourself or could give you a piece of a puzzle that seems to be missing.”

I went on a journey with Emma to see what it’s all about. To begin with Emma asks interesting questions to allow the mind to open up to the practice. “Do you have an affinity with a particular country, or event in history?” she asked. “What food do you love?” Is there a language or time period you feel you relate to? Is there anything you feel scared of or have an unusual reaction to? These thought provoking questions bring the mind’s attention as to why we feel strongly about certain things and give fertile ground to play with before the session. Perhaps these affinities, unfounded fears or fascinations are remnants of a previous life and will trigger a past life memory.

Emma then led me on a journey of visualisation. We started off in the most peaceful place I could conjure up in my imagination. I was asked to bring a guide with me, someone I trust or feel spiritually affiliated to. She led me down lots of steps and through a tunnel into a past life. When I stepped out of the tunnel she asked me what I was wearing on my feet. I was barefoot. Where was I? I was in the desert. What clothing was I wearing? Who was there, what were they doing? How did I feel? At one point she asked me what century I was in. “I don’t know,” I replied.

“If you had to know, what would it be?” This ‘trick’ question immediately gave me an answer. The exercise went on for what I thought was about ten minutes; in actual time it was fifty minutes. To my surprise there was a complete clear picture with people and feelings and relationships. There was a mission and a purpose that was informative and helpful in my current life. Whether it was real or imagined, the experience was intriguing, had a strange sense of completeness and felt valuable to me. Emma was an amazing facilitator with an incredible way of leading and helping to interpret the experience.

Past life regression is one of the most fascinating areas of unexplained human phenomena. To date, science has been unable to prove or disprove whether it is real or not. Those who recall past lives are often unsure whether the memories are an actual historical event as a result of reincarnation or a construction of information and images held in the subconscious. Either way it is filled with intrigue and has been known to help people explain apparently unfounded or strange feelings or emotions in their lives. Dr. Weiss, wrote a book called "Many Lives, Many Masters" which sold more than a million copies but was received with great skepticism by the medical establishment. In the book he details work he did with a patient he calls Catherine. Under hypnosis Catherine remembered multiple past lives and these memories helped her get relief from paralysing phobias.

Some explain past-life regression as tapping into a collective unconsciousness. Others believe it can be explained by theories in physics that have more than the three dimensions of length, width and height but rather include 11 dimensions. Dr. Oz, in a discussion with Dr. Weiss says: "Imagine that existence is really a series of shower curtains, each of which is a dimension, and sometimes those dimensions just ever so daintily touch and when they touch, weird things happen."

There have been discussions of memories coming from our DNA strands. Perhaps there are hereditary memories stored there, or insights into events our species has collected.

did you know?

There are many strange instances where regression has revealed people knowing about events and circumstances they wouldn't ordinarily have knowledge of. There are even cases of xenoglossy where people fluently speak a language they previously had no knowledge of.

Dr Brian Weiss, identifies four key experiences that might point to past life memories.

1. Old, Familiar Feelings

One of the most common signs of a past life is *déjà vu*—the sensation of having met a person before or visited a place previously. Sometimes, this *déjà vu* feeling is a sign of a past life with a particular person or in a specific place.

2. Vividly realistic dreams

Vivid detailed dreams from different times and places may be a past life memory emerging. Dr. Weiss says past-life recollections aren't always actual memories: they may also contain symbols and metaphors that need to be interpreted so their meaning and message can become clear. These symbols are no less powerful than literal ones. He says, "Think of these past-life scenes more as a poem than a history text."

3. Brilliance in a specific subject or skill

Talents and abilities, likes and dislikes, and attractions and aversions can also be clues. You might have an affinity to certain people or cultures, even if foreign to you. You could be proficient in a language, a subject or profession without any effort. It could also be a fascination with certain historical times and events.

4. Strong feeling of knowing someone

Dr. Weiss believes we commonly travel through different lives with the same group of souls, he calls these groupings soul mates, soul companions or soul families. We seem to learn our spiritual lessons and accumulate or resolve our karma with our soul groups. Relationships may change from life to life, but the souls are the same. In this sense we never lose our loved ones, because we are always being reunited either on the other side or back here in physical bodies.

If you would like to experience a Past Life Regression or want more information contact Emma Hamel on Email: emma@time2beme.co.za or log on to website: www.time2beme.co.za